

LESSON PLAN

LOCAL WIC PROVIDER:

TITLE: The New Missouri WIC Food Packages: *Food and Focus*

AUDIENCE: WIC participants and/or caregivers of WIC participants

MOWINS NUTRITION EDUCATION TOPIC: New WIC Food Package(s)

☐ **Individual Counseling Session**

☐ **Group Education Session**

OBJECTIVES:

At the end of this lesson, the participants and/or caregivers will be able to:

- 1) Identify reasons why the WIC food packages are changing.
- 2) Recognize the major changes to the WIC food packages.
- 3) Identify how the infant food package has changed.
- 4) Identify what extra food benefits fully breastfeeding moms and their infants receive.
- 5) Identify which food items need a medical documentation from a health care provider.

MATERIALS AND METHODS:

- 1) “The New Missouri WIC Food Packages: *Food and Focus*” lesson power point slide show
- 2) Handouts: Missouri WIC Mom and Baby Food Packages; Missouri WIC Approved Food List; Missouri WIC Approved Fruits and Vegetables Card
- 3) Posters: Missouri WIC Begins NEW Food Packages
- 4) Food samples/models, produce samples
- 5) Example of Fruit and Vegetable Check (FVC)

Materials available at <http://www.dhss.mo.gov/wic/FoodPackages/>

CONTENT OUTLINE:

- 1) Introduction
- 2) Power point slide show (optional)
- 3) Presentation
 - a. Why are WIC food packages changing?
 - b. Major changes to the WIC Foods.
 - c. Benefits to breastfeeding infant/mom dyad and food packages overview.
 - d. Major changes to infant’s food package.
 - e. New food packages for partially breastfeeding infants.
 - f. Major changes to children’s and women’s food package.
 - g. When is medical documentation required?
- 4) Activity and Discussion: Exhibit of NEW WIC foods and food sampling.
- 5) Summary
- 6) Evaluation
- 7) Follow Up

EVALUATION: Multiple choice post-lesson quiz.

Developed by: MO State WIC Nutritionists

Date: August 2009

Revised by:

Date:

<u>Content</u>	<u>Counseling Methods/Teaching Strategies</u>
<p>1. Introduction:</p> <ol style="list-style-type: none"> Welcome the participants; introduce self. Review the learning objectives with the participants. Introduce the lesson topic with an open ended question. Background on WIC food packages: <ul style="list-style-type: none"> Beginning in 1974 - The WIC food packages were designed to supplement participants' diets with foods rich in five (5) target nutrients known to be lacking in the diets of the WIC target population: vitamins A and C, calcium, iron and protein. The last major revisions to the WIC food packages were in 1980. The changes are designed to improve the nutrition and health of pregnant women, new mothers, infants and young children. 	<p>Use facilitated discussion or open ended questions to find out what the group already knows about the new WIC food package.</p> <p>Example: <i>What have you heard about the new WIC foods?</i></p>
<p>2. Power point slide show: The New Missouri WIC Food Packages: <i>Food and Focus</i> (optional)</p>	<p>Show the ppt. presentation.</p>
<p>3. Presentation:</p> <ol style="list-style-type: none"> Why are WIC food packages changing? <ul style="list-style-type: none"> No change in WIC Food Packages Since 1980 In 1992 amount of foods provided for breastfeeding women was increased Requests to revise the WIC food packages from: <ul style="list-style-type: none"> Advocacy groups, Congress, WIC Administrators, Medical and scientific communities, and WIC Participants Major changes to the WIC foods <p><u>New foods</u></p> <ul style="list-style-type: none"> Fresh or frozen fruits and vegetables: Fruit and Vegetable Check (FVC) <ul style="list-style-type: none"> Children \$6.00 Pregnant Women \$8.00 Partially Breastfeeding Women \$8.00 Non-Breastfeeding Women \$8.00 Fully Breastfeeding Women \$10.00 Fully Breastfeeding Multiples \$15.00 Pregnant Women Carrying Multiples \$10.00 Whole wheat/grain breads Infant foods: such as fruits and vegetables for all infants, and meat for exclusively breastfed infants <p><u>New alternatives</u></p> <ul style="list-style-type: none"> Soymilk & Tofu (issued if meets criteria) Brown rice, whole wheat and soft corn tortillas 	<p>Springboard questions for discussion:</p> <p><i>Why are WIC food packages changing?</i></p> <p>Draw participant attention to the NEW WIC foods exhibit and the Missouri WIC Begins NEW Food Packages poster.</p> <p>Show a sample copy of a Fruit and Vegetable Check (FVC)</p> <p><i>Point out the extra foods breastfeeding moms and babies get at every opportunity!</i></p>

- Canned beans for dried beans
- Canned salmon and sardines for canned tuna

New quantities

- Quantities of milk, eggs, juice and cheese are reduced for women and children
- Juice is eliminated from infant packages
- Quantities of infant formula are reduced for breastfed and older infants

c. Benefits to breastfeeding infant/mom dyad and food packages overview.

Mother's food package is determined by baby's feeding option.

- Missouri WIC promotes breastfeeding as the preferred infant feeding method.
- Health outcomes for both mother and infants are improved by breastfeeding.
- Every mother should breastfeed unless advised otherwise by a physician.
- Breast pumps are provided for breastfeeding moms
- Fully breastfeeding infants and moms receive the best food package:
 - Fully breastfeeding mothers receive the most variety, largest quantity of food and a \$10 fruit and vegetable check for fruits and vegetables.
 - Fully breastfed infants (6 - 12 months) receive infant meats and larger quantities of infant fruits and vegetables.

d. Major changes to infant's food package.

- No routine issuance of formula in first month to help mother establish and maintain milk supply.
- Mom needs to request formula for her infant.
- No juice for infants.
- Infant cereal provided at 6 months.
- Infant food provided at 6 months: Fruit Vegetables and Meats*
Infant meats provided to fully breastfeeding infants only.

e. New food packages for partially breastfeeding infants.

- Partially breastfed infants receive less infant formula to allow mothers to feed more breast milk to their infants.
- Breastfeeding moms with infants over 6 months of age receiving more than ½ the amount of formula in

Why is breastfeeding important for your infant?

What have you heard about changes to the infant's food package?

or

When you look at the poster, what food benefits do you see for mom and baby with the new packages?

an infant formula food package:

- No longer receive food for themselves
- Are counted as participating on the WIC program as breastfeeding women
- Are given support and education to continue breastfeeding

f. Major changes to children's and women's food package.

- Reduced Quantities: Milk, Cheese, Juice and Eggs
 - Amounts align with the 2005 Dietary Guidelines for Americans and recommendations of the American Academy of Pediatrics
- Add whole grain selections
 - Whole Wheat Bread or
 - Whole Wheat Tortilla or
 - Soft Corn Tortilla or
 - Brown Rice
- Introduce legumes
 - Adds legumes to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.
 - Allows canned beans to be substituted for dried beans for all children and women
- Add new canned fish for fully breastfeeding women
 - Continues to allow canned light tuna (no albacore)
 - Allows other canned fish identified as lower in mercury: Salmon, Sardines
- Add fruits and vegetables
 - Fruit and Vegetable Check FVC
 - Participants may choose from a wide variety of fruits and vegetables
 - Fresh and frozen allowed

g. When is medical documentation required?

- Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.
- Medical documentation covers food; medical prescriptions do not. Medical documentation from the physician is needed before WIC can issue special formulas, soy milk and tofu for children.
- Medical documentation in MO WIC is required for:
 - Exempt infant formulas
 - Any infant formula for children
 - Medical foods for women and children
 - Whole milk for anyone 2 years and older

What have you heard about medical documentation in WIC?

<ul style="list-style-type: none"> - <u>Cheese</u> Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women Greater than 2 pounds for fully breastfeeding women - <u>Soy beverage</u> For children (1-4 years old) - <u>Tofu</u> Greater than 4 pounds for prenatal, partially and non-breastfeeding women Greater than 6 lb for fully breastfeeding women Children any amount 	
<p>4. Activity: Exhibit of NEW WIC foods and food sampling.</p> <p>Prepare display table with the NEW WIC food items.</p> <p>Display the Missouri WIC Begins NEW Food Packages poster.</p>	<p><i>What new WIC foods do you recognize?</i></p> <p>Demonstration: Prepare and let participants taste samples of the new WIC foods.</p>
<p>5. Summary:</p> <p>Review why WIC food packages are changing and state some of the major changes.</p>	<p>Provide handouts, available at http://www.dhss.mo.gov/wic/FoodPackages/</p>
<p>6. Evaluation:</p> <p>The CPA will discuss the correct answers for the post-lesson quiz and collect feedback on the lesson evaluation from participants.</p>	<p>Distribute post-lesson quiz to participants.</p> <p>Complete Lesson Reporting Form and keep on file for monitoring purposes.</p>
<p>7. Follow up:</p> <p>Ask the participant at their next appointment if they had any trouble using the new WIC checks or finding the approved foods.</p>	<p><i>Tell me about your experience using the new WIC checks in the grocery store.</i></p>

Sources:

Food and Nutrition Service. WIC Food Packages.

<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>

WIC Works Resource System. New WIC Food Packages Resources for WIC Staff.

http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html

Food and Nutrition Service (FNS). WIC Food Packages.

<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>

Lesson Evaluation

The New Missouri WIC Food Packages

Circle the best answer:

1. WIC food packages are changing to:
 - a. Include more whole grains and fiber
 - b. Include more juice and less fruit and vegetables
 - c. Increase the amount of fat in our diet

2. New foods in the WIC food packages include:
 - a. Dry beans
 - b. Fresh fruit and vegetables
 - c. Milk

3. New infant food packages include:
 - a. Jars of infant food
 - b. More juice
 - c. Milk

4. Extra benefits for fully breastfeeding moms and their babies include:
 - a. More milk and eggs for mom
 - b. Jars of infant meats for baby
 - c. More fruits and vegetables for mom and baby
 - d. All of the above

5. Food items that need a medical documentation from a health care provider are:
 - a. Bread and tortillas
 - b. Cereal
 - c. Exempt or special infant formula

Please check YES or NO for the following:

6. Did you enjoy this lesson?

☐ YES ☐ NO

7. Was this lesson on a topic that interests you?

☐ YES ☐ NO

8. Did you learn anything new from this lesson?

☐ YES ☐ NO

9. Did the instructor present the information clearly?

☐ YES ☐ NO

Lesson Reporting Form - MO WIC New Food Packages

Answer Key	<u>#</u>	<u>% correct</u>
1. WIC food packages are changing to: a. <u>Include more whole grains and fiber</u> b. Include more juice and less fruit and vegetables c. Increase the amount of fat in our diet	a. _____ b. _____ c. _____	_____
2. New foods in the WIC food packages include: a. Dry beans b. <u>Fresh fruit and vegetables</u> c. Milk	a. _____ b. _____ c. _____	_____
3. New infant food packages include: a. <u>Jars of infant food</u> b. More juice c. Milk	a. _____ b. _____ c. _____	_____
4. Extra benefits for fully breastfeeding moms and their babies include: a. More milk and eggs for mom b. Jars of infant meats for baby c. More fruits and vegetables for mom and baby d. <u>All of the above</u>	a. _____ b. _____ c. _____	_____
5. Food items that need a medical documentation from a health care provider are: a. Bread and tortillas b. Cereal c. <u>Exempt or special infant formula</u>	a. _____ b. _____ c. _____	_____
Please check YES or NO for the following:	<u>#</u>	<u>%</u>
6. Did you enjoy this lesson?	YES _____ NO _____	_____ _____
7. Was this lesson on a topic that interests you?	YES _____ NO _____	_____ _____
8. Did you learn anything new from this lesson?	YES _____ NO _____	_____ _____
9. Did the instructor present the information clearly?	YES _____ NO _____	_____ _____
Percent of participants who met all lesson objectives: A. Total number of evaluations received _____ B. Number of evaluations with score of 100% (#1-5) _____	B/A x 100 = _____ %	